

**BALLOON SINUPLASTY**

**PRIOR TO YOUR PROCEDURE:**

1. A coordinator will call you to confirm the scheduled date and time of your procedure. Please arrive at least 30 minutes prior.
2. Dr. Thacker or Dr. Chiaramonte will send in medications for you. These medications have specific instructions (see below).
3. In addition to your prescribed medications, please plan to pick up the following from the pharmacy:
   1. **Afrin nasal spray** (generic is ok)
   2. **Saline spray** of your choice (i.e. Ocean, Ayr)
4. There are **NO** restrictions on eating or drinking the day of or night before your procedure.
5. Please trim your nasal hairs if possible prior to the procedure.
6. You will need someone to drive you home the day of the procedure and must present with a designated driver. **If you do not have a driver we will have to cancel and reschedule.**
7. Avoid the following as directed:
   1. Stop all blood thinning medications **5 days** prior to the procedure after receiving approval from you cardiologist. These include: *Coumadin, Warfarin, Plavix, Pletal*, etc.
   2. Stop all aspirin and aspirin-containing products **7 days** prior to the procedure. This includes *Excedrin, Bayer Aspirin, Anacin, Fiorinal, Norgesic*, etc.
   3. Stop all anti-inflammatory medications **7 days** prior to the procedure. This includes: *Advil, Aleve, Celebrex, Voltaren, Ibuprofen, Indocin, Motrin, Toradol, Naprosyn, Bextra*, etc.
   4. Stop all Vitamins, particularly *vitamin E and fish oil*, **7 days** prior to the procedure.

**DAY OF PROCEDURE:**

1. Start using Afrin nasal spray when you awake on the day of the procedure. **Spray 2 sprays each nostril every 30 minutes until the procedure is performed (bring the bottle with you).**
2. Take **ONE** (1) **valium** (diazepam) and **ONE** (1) **hydrocodone/acetaminophen** and **ONE** (1) **promethazine** **90 minutes before your scheduled procedure time**.
3. Take **ANOTHER** (1) **valium** (diazepam) and **ANOTHER** (1) **hydrocodone/acetaminophen** **30 minutes before your scheduled procedure time**.
4. **Please bring the prescribed medications with you when you come**. We may advise you to take another round of medications.

**AFTER YOUR PROCEDURE:**

1. You may take another hydrocodone/acetaminophen as prescribed if needed for pain.
2. Begin using the saline spray one day AFTER your procedure (5 sprays each nostril at least 3 times daily) until follow up with Dr. Thacker or Chiaramonte.
3. Continue steroids (if prescribed) until completed.